



# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov/council-on-aging>

Director: Alison Cservenschi

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Department Assistant:

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Roberta Ennis



## Veterans Memorial Park Sign Dedication Ceremony

On Veterans Day, November 11, the town will honor the Veterans Memorial Park with a dedication of a new memorial sign. After the dedication, by town officials and veterans agencies, there will be a luncheon provided at the American Legion, 357 Great Rd, free of charge. All are welcome!



## Thanksgiving Dinner



The American Legion is holding its annual Thanksgiving Dinner for Bedford Seniors on **Sunday, November 22** at the American Legion Post #221 at 357 Great Road. The doors will open at 1:00 PM with dinner being served at 2:00 PM. If you are planning to attend, please sign up at the COA or by calling 781-275-6825 by Monday, November 16. *This dinner is catered and they will need an accurate count. A \$5 per person deposit is required to ensure your spot, but will be returned to you at the dinner.*

## Alpha Game Day

Please join the Alpha Club of the Bedford High School on Tuesday, November 3 at 10:30 AM to enjoy table games, fun and socialization. Bring your wits with you for a intergenerational games challenge!



## Nom de Plume Writing Group

Tuesday November 3 & 17 at 1:00PM

Have you ever thought you might like to try your hand at writing? Perhaps leave stories for your children or grandchildren ...or just to see if you can put a poem on paper! If so, come join us at the Nom de Plume Writing group on the first and third Tuesday of the month from 1-3 PM. We are a friendly, fun and non-threatening group of people. All you need is the willingness to try, a note book and a pen! Who knows it might just open up your world anew? Hope to see you there!

## Expanded Council on Aging Hours:

Monday:	8-4, 6-9
Tuesday:	8-4, 6-9
Wednesday:	8-4, 6-9
Thursday:	8-4
Friday:	8-4
Saturday:	11-4

## Veterans' Coffee

**Wednesday, November 18 at 10:00 AM**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.



On **Monday, November 30 at 12:30 PM** the COA is pleased

to welcome Brian Dorrington, Digital Media Specialist, from Bedford TV as he demonstrates the audio visual recording equipment used at the station. This will appeal to photographers, videographers and anyone with an interest in TV, video and public television. The COA is also looking for volunteer cameramen to assist with recording the upcoming COA on the Air Programs. If you are interested in this program or volunteering please come along to learn from the best!



## Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on **Friday November 13 at 1:00 PM** to present 'Housing Options for Elders.' Topics include: Staying home

benefits and disadvantages, Irrevocable trusts, Mortgage options, Homestead, Downsizing, Assisted living or continued care communities, Creative asset protection and much much more! Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information! **Dale will have a encore presentation at 6:30 PM.**

## Russia and Her Neighbors

Please join Professor John Kienzle at Town Center in the Flint Room at 6:30 PM



PART IV (Nov. 2 6:30 PM)–THE CAUCASUS: This

region between the Caspian and Black Seas has been contested among Russia and Turkey and Iran for centuries. Fiercely independent Georgia, Armenia and Azerbaijan have independent identities, while the Chechens have fought foreign influence continuously. We will examine these tangled destinies.

\*Please Sign-Up at the Council on Aging\*

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## ❀ JUST FOR FUN ❀

### Breakfast and BINGO

**Tuesday, November 17 at 9:30 AM**

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



### Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **November 7** if your special day is in November!

### Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday November 16 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

### Songs We Grew Up With

Join Ken Pruyn on Wednesday, **November 18 at 1:30PM** to enjoy some of your old-time favorite tunes!



❀ Come to the Council on Aging and on **Saturday, November 21** to join Vicky for our Fall Festivities!! Food and fun will be shared by all! The party starts at **12:30PM**, so make sure you sign up for this exciting event! Only \$3 to attend.

### WIZARD MUSIC:

**Friday, November 6 at 12:30pm**

John Kienzle from Wizard Music will provide music by Frank Sinatra on keyboard for your entertainment! Come in for lunch, relax and enjoy John's music!



## Saturday Movies begin at 1:15 PM

**November 7** *Cinderella* (2015) PG In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

**November 14** *The Age of Adaline* (2015) PG-13 After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life.

**November 21** *Monkey Kingdom* (2015) G This all-ages nature documentary follows the perilous lives of a monkey and her newborn daughter in the jungles of southern Asia. As part of a larger group, mom and baby risk starvation if they fail to abide by the stringent social rules.

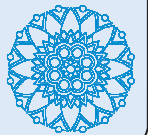
**November 28** *Holiday Inn* (1942) NR Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection.

**Thanks to the FBCOA for our funding!**

### Adult Coloring

*For Therapy ...or Just for Fun!*  
**Friday November 13<sup>th</sup> at 12:30pm**

Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with your hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! In the spirit of relaxation a selection of herbal teas will be served. Come and relax with us!



### Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at **781-275-8542** at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.





### Library Book Discussion: Tuesday December 1, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the Council on Aging on "Code Name Verity" a novel by Elizabeth Wein. Oct. 11th, 1943-A British spy plane crashes in Nazi-occupied France. Its pilot and passenger are best friends. One of the girls has a chance at survival. The other has lost the game before it's barely begun. When "Verity" is arrested by the Gestapo, she's sure she doesn't stand a chance. As a secret agent captured in enemy territory, she's living a spy's worst nightmare. Her Nazi interrogators give her a simple choice: reveal her mission or face a grisly execution. As she intricately weaves her confession, Verity uncovers her past, how she became friends with the pilot Maddie, and why she left Maddie in the wrecked fuselage of their plane. On each new scrap of paper, Verity battles for her life, confronting her views on courage, failure and her desperate hope to make it home. But will trading her secrets be enough to save her from the enemy? A Michael L. Printz Award Honor book that was called "a fiendishly-plotted mind game of a novel" in The New York Times, Code Name Verity is a visceral read of danger, resolve, and survival that shows just how far true friends will go to save each other.

### COA Board Meeting

The next Board meeting will be held on Tuesday, November 10 at 11:30 AM in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.



### SCIENCE & TECHNOLOGY CLUB All are welcome!

We will be continuing our series, *How the Universe Works*. This series has been described as "a user's guide to the cosmos from the big bang to galaxies, stars, planets and moons. Where did it all come from and how does it all fit together. A primer for anyone who has ever looked up at the night sky and wondered." Please join us on **Monday, November 2 at 10AM** for episode 4, *Extreme Stars* & on **Monday, November 16 at 10AM** for episode 5, *Extreme Planets*. (Descriptions available at the COA front desk) This group is a general interest group...No need to feel intimidated. If you have an interest in science, we would love you to join us!



### Travelogue with Hal

Join Bedford resident Hal Ward at the Bedford COA to view a travelogue of his recent trip to Australia and New Zealand. We will 'travel Down Under' on **Monday, November 30 at 2:00 PM**. See you there!

### Newbury Court Harvest Lunch

**Tuesday, November 3rd at 11:45 AM**

Come on up to the COA and enjoy a gourmet lunch catered by Newbury Court Retirement Community, Concord. Jane Taylor, Bedford resident and Marketing Director at Newbury Court, will be there to greet you and serve lunch! Lunch is complimentary with a limit of 40 participants. See you there! Please call ahead to sign up!



### Walden Health Thanksgiving!

**Thursday, November 19 at Noon**

Please join your friends at the COA for a seasonal light lunch and dessert with our neighbors from Walden Health & Rehabilitation Center! Located in Concord, Walden is a Not-For-Profit short-term skilled rehab facility. They offer physical therapy, occupational therapy and speech services. Come to the COA and learn more about what they offer! Please sign up so we know you're attending.

### Friends of the Bedford Council on Aging Next Meeting: Tuesday, November 10 at 1:00 PM

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: [bsrpurchia@aol.com](mailto:bsrpurchia@aol.com) with FBCOA in the subject line.

**The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!**

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

### FBCOA Annual Membership Dues

**2015—2016**

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	





# Fitness News



## MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

### How are the classes different you ask?

\*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

\*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

\*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

**Come join us!**  
**Your body will thank you!**

**Drop in rate for the above classes is \$5 /day**



### OsteoFitness:

#### Building Bones Building Bonds!

Beverly J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825. **Session Dates: 11/3-1/19**

## WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

**CHAIR EXERCISE:** Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

**CHAIR YOGA:** A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session \*Take both for just \$120!

**FLOOR YOGA:** This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session \*Take both for just \$120!

**TAI CHI:** Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

**ZUMBA GOLD:** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

**Drop in rate for the above classes is \$10 per day**

### Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! **Session runs October 27– December 15**



**Pre-registration is required for all classes. Please let us know if you have any questions.**

# Evenings at the COA

## COA CINEMA PRESENTS:

Monday November 16 at 6:45 PM

*Where Hope Grows* (2015) PG-13 After chronic anxiety attacks bring a premature end to Calvin Campbell's professional baseball career, he spirals into depression -- until he begins an unlikely friendship with a young supermarket clerk who has Down syndrome.

Wednesday November 18 at 6:45 PM

*Rosewater* (2015) R In his directing debut, TV host Jon Stewart chronicles the 118-day detention and interrogation of journalist Maziar Bahari, who traveled to Iran to cover the country's 2009 presidential election and ended up being accused of espionage.

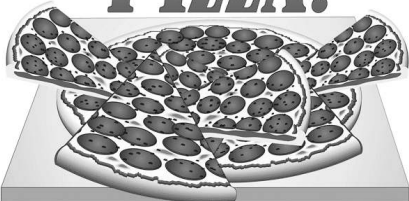
## Trivia Night

**Monday, November 30  
at 6:45 PM**

Join Wendy at the Bedford Council on Aging for a fun and friendly general trivia game complete with great prizes and yummy snacks ...right here at the COA! Please call ahead to sign up so we know how many folks to expect.

**Wednesday, November 4 at 6:45PM** Winter is on its way, the holiday season is almost upon us... Let's get together for an informal evening of pizza, hot coffee and interesting conversation with old friends and maybe meet a new one or two! Please let us know if you will attend. Just \$2 per person.

## PIZZA!



## Fun & Games Night



**Monday, November 23  
at 6:45PM**

Come and relax at the Council on Aging and enjoy an evening of camaraderie, a friendly game of pool or to cheer on the Bruins! Delicious desserts and coffee will be provided. Feel free to just drop in and see what the COA is all about!



On Monday, November 9<sup>th</sup> at 7PM, the COA will be showing **Bedford Memories: Stories of a Small Town** -- a new documentary created by video producer and Bedford resident Leslie Wittman and supported by Carleton-Willard Village. This living history chronicles life in Bedford throughout the last century as it grew from a small farming community to the vibrant town it is today. It features the stories of eleven longtime Bedford residents who shared their memories of a town that's a wonderful place to live and work. Interspersed with lots of historical photos, the interviews present engaging and often amusing snapshots of Bedford life in the days long before computers and cell phones.

## Ongoing Evening Programs

*Single Again:* Tuesdays at 7:30

*Sit & Stitch:* Mon & Weds at 6:30

## PICKLEBALL—NEW & POPULAR!!

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court and slightly modified tennis net. Check out [www.usapa.org](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis. No Fee.

Fridays, 6:30-8:30pm, continuing in November. *Location to be determined.*

Pickleball is very popular for seniors in surrounding towns. The COA is able to provide instruction as this program grows in popularity in Bedford. This program is presented in collaboration with Bedford Recreation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 <b>Science &amp; Tech</b> 11:15 Floor Yoga 11:45 Lunch 1:00 <b>Ken Gordon/</b> Poker 3:00 Handcrafts 6:30 Sit & Stitch/ <b>Caucasus</b>	9:00 Fix It Shop 9:30 Exercise 10:30 <b>Game Day</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:45 <b>Newbury Court</b> 1:00 Writing Group/ SHINE 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 Computer Club/ Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ <b>Code Enforcement</b> 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 <b>Pizza &amp; Convo</b>	9:00 Muscle Care/ 9:15 Floor Yoga 9:30 <b>Take a Hike</b> 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 12:00 <b>Staff Luncheon</b> 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 <b>Wizard Music</b> 1:00 Scrabble/ <b>Nurse's Hours/</b> Line Dancing 6:30 <b>Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool <b>Monthly Birthday</b> 1:15 Movie: <i>Cinderella</i>
9:00 Exercise 9:30 Chair Yoga 10:00 <b>BINGO</b> 11:15 Floor Yoga 11:45 Lunch 12:30 <b>Financial</b> <b>Planning</b> 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch 7:00 <b>Bedford</b> <b>Memories</b>	9:00 Fix It Shop 9:30 Exercise 10:00 <b>COPD Talk/</b> SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 11:30 <b>COA Board</b> 1:00 <b>FBCOA</b> 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again/ <b>Great Books</b>	<b>CLOSED</b> <b>Veterans</b> <b>Day</b>	9:00 Muscle Care 9:15 Floor Yoga 9:30 <b>Take a Hike</b> 10:00 Exercise 11:00 Dog Bones 11:30 <b>Zounds</b> 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 <b>Adult Coloring</b> 1:00 Scrabble/ Line Dancing/ <b>Dale</b> <b>Tamburo</b> 6:30 <b>Dale Tamburo/</b> <b>Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Age of</i> <i>Adaline</i>
9:00 Exercise 9:30 Chair Yoga 10:00 <b>Science &amp; Tech</b> 11:15 Floor Yoga 11:45 Lunch 12:30 <b>Name That Tune</b> 1:00 Poker 3:00 Handcrafts 6:30 Sit & Stitch 6:45 <b>Movie: Where</b> <i>Hope Grows</i>	<b>Kennedy Museum</b> 9:00 Fix It Shop/ SHINE 9:30 Exercise/ <b>Breakfast &amp; BINGO</b> 11:00 Dup. Bridge/ Tap/ OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop 10:00 <b>Vets Coffee/</b> Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 <b>Social Security</b> 1:30 <b>Ken Pruyn</b> 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 <b>Movie: Rosewater</b>	9:00 Muscle Care 9:15 Floor Yoga 9:30 <b>Take a Hike</b> 10:00 Exercise/ <b>Hearing/</b> <b>Pneumococcal</b> <b>Vaccine</b> 11:00 Duplicate Bridge/ Dog Bones 12:00 <b>Walden Health</b> 1:00 Current Events/ Tai Chi/ 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 12:30 <b>Home</b> <b>Modification Loan</b> 1:00 Scrabble/ Line Dancing 6:30 <b>Pickleball</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian <b>Fall Party</b> 1:00 Bridge, cards, pool 1:15 Movie: <i>Monkey</i> <i>Kingdom</i>
9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 12:30 <b>Minuteman</b> <b>by Your Side</b> 1:00 Poker/ <b>Nurse's Hours</b> 3:00 Handcrafts 6:30 Sit & Stitch 6:45 <b>Fun &amp; Games</b>	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/ Tap/ OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold/ Acupuncture 7:30 Single Again	9:00 Exercise/ Fix It Shop/ <b>Fire Breakfast</b> 10:00 Dog Bones 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch	<div style="text-align: center;">   <b>CLOSED</b>  <b>Happy Thanksgiving!</b> </div>	9:00 Exercise 9:30 Chair Yoga 11:15 Floor Yoga 11:45 Lunch 12:30 <b>Bedford TV</b> 1:00 Poker/ 2:00 <b>Travelogue</b> 3:00 Handcrafts 6:30 Sit & Stitch 6:45 <b>Trivia Night</b>	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Holiday</i> <i>Inn</i>
<div style="display: flex; align-items: center; justify-content: center;">  </div> <h1 style="margin: 0;">November</h1> <div style="text-align: right; font-size: small;">©LPi</div>					



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THIS SPACE IS  
**AVAILABLE**



## Don't Forget These Ongoing Activities

**Bingo!** All are welcome on Monday November 9 at 10:00 AM for a chance to win token gifts.

**Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

**Texas Hold 'Em Poker!** Join the game each Monday at 1!

**Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

**Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!

**Play Duplicate Bridge!** Please call ahead to put your name in for substituting.

**Science & Tech Club** Join us Monday November 2 & 16 at 10:00 AM for this exciting conversation!

**Talk to Your State Rep** Ken Gordon will be at the COA on Monday November 2 at 1:00PM to talk with you about state issues. Bring your questions!

**Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

**Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

**Genealogy** No meeting this month due to Veterans Day.

**Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!

**Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

**Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).

**Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

**Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on November 10. **Gavell, Mary Ladd**, "The Rotifer" and **Sargent, Lawrence Hall**, "The Ledge," from *The Best American Short Stories of the Century*, ed. John Updike, Houghton Mifflin. Newcomers are always welcome!

**Learn to Stitch!** Join the crafters on Wednesdays at 6:30 PM.

## Trips! Trips! Trips!

### EDWARD M. KENNEDY INSTITUTE

FOR THE UNITED STATES SENATE

**Tuesday, November 17 ~ \$39**

Join us on this educational trip to the Edward M. Kennedy Institute! *'The Edward M. Kennedy Institute for the United States Senate is dedicated to educating the public about the important role of the Senate in our government, encouraging participatory democracy, invigorating civil discourse, and inspiring the next generation of citizens and leaders to engage in the civic life of their communities.'* When we arrive, we will have a brief orientation of the theater and surrounding exhibits. We will then experience "Today's Vote" which allows you, as a Senator on the floor, to enter the Senate Chamber and debate and vote on the issue of the day. We will also have a guided tour of the rest of the institute, with the option of exploring on your own. There are exhibit interpreters stationed around the Institute that can help answer questions and give more in-depth information about each exhibit! Lunch will be available at your leisure at the Institute's Café. You are also welcome to visit the JFK Presidential Library and Museum, as well as the Commonwealth Museum which features an original copy of the Bill of Rights. This tour will leave Bedford at 9 AM and return at about 2 PM.

**Sign up today!**

**All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.**

Acupuncture Clinic  
With Dr. Suraja Roychowdhury  
\$35 per visit  
Tuesdays 4-8 PM  
Please call for an appointment

**Muscle Care Clinic**  
With Wayne Durante, LMT  
\$10 for 10 minutes  
Thursdays beginning at 9:00 AM  
Please call the COA for an appointment  
781-275-6825

THIS SPACE IS  
**AVAILABLE**

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## For Your Health



### Nurse's Hours

On Friday, November 6 and Monday, November 23, Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

### Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on *Friday, December 11*. Please call to let us know you are coming. This is a "first come, first served" clinic.

*The cost is \$30 for each treatment.*



### Free Hearing Clinic

*Apex Hearing Care, LLC Custom Fit and Service Hearing Aids* Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, November 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

### SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available Tuesdays:

November 3, 1-3  
November 10, 10-12  
November 17, 9-2  
November 24, 10-12

Please call to make an appointment! If you cannot leave your home, they will call you.



### Minuteman By Your Side

Are you worried about staying independent in your own home? Do you know a caregiver who could use some much needed support? Are you unsure about the resources available and what they cost? Let Minuteman Senior Services Help! Minuteman's services have expanded to include options for all adults, regardless of age or income. Come to a free presentation about all the programs Minuteman has to offer, including the newest program, *Minuteman By Your Side*, a private-pay professional care management service, created to meet the growing need for affordable assistance. Join us **November 23<sup>rd</sup> at 12:30**. Everyone in attendance will be entered in a free raffle to win a Dunkin Donuts gift card! Please sign up at the Council on Aging.



**Minuteman**  
SENIOR SERVICES



### Pneumococcal Vaccine

*Thursday, November 19 at 10:00 AM*

Both the Pneumovax 23 and Prevnar 13 are available for seniors 65 years old and over. Please call the Bedford Board of Health at (781)275-6507 to make an appointment.

### Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.



### COPD and Lung Health

We often don't realize the important role our lungs play in keeping us strong and healthy until we experience complications. Without proper care, you could develop problems like COPD (Chronic Inflammation Pulmonary Disease) which is a common lung disease. Joyce Cheng, the Community Health Nurse of Bedford Board of Health will give a presentation on COPD and Lung Health. The presentation is scheduled on **November 10<sup>th</sup> at 10AM** in the Flint Room. Topics to be covered in the presentation are: What is COPD? What causes COPD, the signs & symptoms to look for, ways to live with the disease, and tips for keeping your lungs healthy!!

### NEW!!! Take a Hike!

The Community Of Active folks (aka the COA) is starting a hiking group. This month, we will continue explore the conservation trails in Bedford, Carlisle, Concord, Lexington and Lincoln. The walks will start at 10:00AM, take 2 hours and will cover 4 to 6 miles. The walks are lead by Susan Grieb who is a long time Appalachian Mountain Club trip leader. If interested in any of the following hikes you can sign up with the Bedford COA or directly with Susan Grieb at slgrieb@comcast.net. Hikes are as follows:

*November 5:* We will meet in Lincoln, details will be available by email (or at the COA)

*November 12:* We will meet at 26 Fox Run Road in Bedford. We will hike around 5 miles and explore Buehler pond, Fawn Lake and Wilderness Park. Lunch will be soup and salad at the leader's house.

*November 19:* Estabrook woods and Punkatasset. We will meet at the end of Estabrook Road in Concord. This is a 4 mile hike with some uneven and slippery footing. Bring poles for balance if you find that helpful. Lunch will be at the Trails End Café.



## What You Need to Know



Hearing Aids Worth Wearing™

**Hear...Here!** Get the latest information on better hearing! Join Dorothy Potts, Hearing Instrument Specialist from Zounds Hearing of Westford for a Lunch & Learn on **November 12<sup>th</sup> at 11:30 AM!** What you will learn at this gathering: What are the *social interaction signs* of Hearing Loss? Why you should have a baseline hearing test. Hearing loss and the Diabetes connection. What makes Zounds hearing of Westford different? Please call the Council on Aging to sign up for this lovely lunch!



### Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday, November 25 at 9:00 AM** for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

### Planning For Health Care in Retirement

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Michael Franco will be here for a discussion on Medicare and health care costs in retirement on **November 9<sup>th</sup> at 12:30 PM.** He will also discuss what things you should consider and how to prepare in the event of a long term care situation.



### What's Going On Around Town?

with Chris Laskey, Code Enforcement Director

If you have questions or want to know what is going on around town with buildings, construction or new stores coming to town, Chris Laskey will be here on **Wednesday, November 4 at 12:30** to give you the inside scoop! Chris will share this firsthand knowledge of current and future developments around Bedford. He will also share information on 12 things to look for before selecting a contractor.

### Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ♦ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- ♦ Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- ♦ Help in obtaining public benefits
- ♦ Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- ♦ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ Legal counseling by an attorney
- ♦ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

### Social Security - What You Need To Know

**Wednesday, November 18 at 1:00 PM**

Social Security is widely recognized as the most successful domestic program in the history of our country. Its importance comes from the fact that it was designed as a financial floor plan for all of us.



During the presentation, we will discuss Social Security benefits and services, the history of Social Security, online services, and provide time to get your questions answered!

### Staff Appreciation Luncheon

sponsored by Atria Senior Living of Burlington  
Thursday, November 5 at Noon

Please join the COA Board as we appreciate, celebrate and thank the staff who helped hold everything together during the recent time of need. In the absence of a Director, staff did whatever it took to keep the COA going and maintain programming and services. In the spirit of thankfulness, it is important to recognize those who went above and beyond for the COA. Atria Senior Living is kind enough to sponsor this event with a wonderful lunch. *Please call to sign up for this event as space will be limited.*



### Home Modification Loan Program

The state-funded Home Modification Loan Program (HMLP) provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must relate to their ability to function on a daily basis. Join us at the COA on **Friday, November 20 at 1:00 PM** to learn more about this beneficial program!



### Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday November 4 at 10:00 AM.**

### Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesday and Thursday afternoons for drop-in assistance at 2PM to help those with questions about any aspect of computer use. *These folks also offer help with cellphones, tablets, and even your camera!*

### Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com



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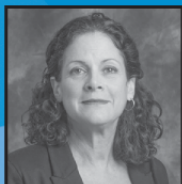
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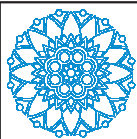
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### Volunteer Opportunities!

Looking for something to keep you busy or part time work? Please come by the COA to review our volunteer opportunities at the COA and around town. There are a number of roles available for seniors to give back and be part of something great! Stop in and see how you can contribute!



**New!**  
**Adult Coloring**  
**...For therapy**  
**or just for fun!**

**Join us on Friday,**  
**October 13 at 12:30 PM**  
**More info on Page 2!**

***New Trip!***  
***Edward M. Kennedy***  
***Institute for the***  
***United States Senate***  
***Tuesday, November 17***  
***\$39 per person***  
***Details on Page 7***



### Dog B.O.N.E.S. Visits

*Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support* Stop in and visit with Reika & Kramer every Wednesday at 10:00. Mara & her dog Max will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!

**Could You Use Some Help With Home Heating Bills?**  
Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$33,126 for a one-person household to \$43,319 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

### WHO IS THE VET?

In recognition of Veteran's Day on November 11<sup>th</sup> we would like create a display of our Veterans in honor of those who served this great country! The display will be open to COA attendees to 'Guess the Vet' by November 20<sup>th</sup>. We will announce the winner at the end of November who will win a \$10 Stop and Shop gift card. Please join us in celebrating and honoring our veterans.



### FBCOA 2016 Membership Dues by September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit 'n Stitch	9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge OsteoFitness Tap Dance 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold Acupuncture 7:30 Single Again	9:00 Exercise Fix It Shop 10:30 SongFest 11:00 Mah Jongg Dog Bones 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:45 Lunch 1:00 Scrabble Line Dancing	11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*



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